

DID YOU KNOW?

- ❖ Abuse takes many forms: emotional torment, verbal threats, physical force, social isolation, sexual assault or financial dependence.
- ❖ Battery is the single greatest cause of injury to women of all ages -- more common than auto accidents, muggings or rapes. Most assaults are never reported.
- ❖ In this country, a woman is beaten every 15 seconds. One-third of all women homicide victims are killed by their husbands or partners. One out of four women will be abused during their lives.
- ❖ Domestic violence occurs in a third to a half of all adult cohabiting relationships regardless of age, race, sex, religious affiliation, marital status, education, income or social standing. These facts also apply to teenage date abuse.
- ❖ Abusers tend to exhibit “Dr. Jekyll and Mr. Hyde” behaviors, showing extremes in both kindness and cruelty. Others seldom see or suspect this person of explosive rage.
- ❖ Domestic violence is a learned behavior that increases in frequency and severity. Children who grow up in abusive households are 42 percent more likely to perpetuate the cycle of violence as adults.

IF YOU KNOW A VICTIM:

1. **Believe her or him.** Doubting or minimizing the abuse only heightens the victim’s feelings of guilt, fear and helplessness.
2. **Support her or him.** Give encouragement, information and referrals to agencies and services.
3. **Speak out.** Make the problem of abuse heard. Awareness precedes choice. Choice precedes change.
4. **Strongly suggest individual counseling** for the victim. Experts report that counseling the couple together may be too intimidating for the victim.
5. **Approach the victim in private.**
6. **Use non-judgmental language** and an empathetic approach:

“I’m afraid for your safety.”
“I’m afraid for the safety of your children.”
“We’re here for you when you are ready or able to leave.”
“You deserve better than this.”
“What can I do to help you?”

IF YOU ARE A VICTIM:

1. **Call the police at 703-591-5511 or 911.** Insist on a report.
2. **Seek medical care immediately.** Let the doctor know you’ve been abused.
3. Keep detailed records of abuse incidents.
4. Arrange to stay with friends or family, rent a room, or call the shelter for emergency housing. **Your safety is the bottom line.**
5. **Do not let your partner isolate you** from those who might help you in the future. Talk to someone you trust.
6. Violence occurs in cycles:
 - 1) Tension building,
 - 2) Blow up, and the
 - 3) Honeymoon phase,where women believe the promise that “It will never happen again.” Don’t let your hope for relief get in the way of protecting yourself.
7. Think how your partner might prevent you from leaving and prepare for that possibility. When a violent episode is imminent, leave before the attack happens. **Plan ahead.** Trust your instincts.

Blaming a victim only justifies the abuser’s behavior.

BE PREPARED

Have quick access to the following:

1. A plan of action, including an escape route. Make sure your children know the escape route.
2. Important telephone numbers and addresses including this pamphlet with information about resources.
3. Cash, blank checks and savings account numbers.
4. Changes of clothes for you and your children.
5. Keys (have extras made and hide them outside the house.)
6. A cell phone if you have one.
7. Personal documents: medical and income tax records, marriage and birth certificates, protective injunctions, immigration papers, tax returns, Social Security numbers for yourself and your children, etc.
8. Obtain a Protective Order to limit or prohibit contact from the abuser. Call Juvenile and Domestic Relations Court at 703-246-3040.

LOCAL RESOURCES

ADAPT

703-968 - 4052

Anger and Domestic Abuse Prevention
and Treatment Program

City of Fairfax Human Services

703-385-7894

will offer information and referral for
sources of financial, emotional, medical,
legal and other assistance.

Fairfax County Women's Shelter

703-435-4940

a safe, supportive, confidential location
for women fleeing a partner's physical
violence and for their children.

Juvenile & Domestic Relations Court

703-246-3040

to obtain a protective order to limit or
prohibit contact from the abuser

Someplace Safe

703-246-2141 or 703- 691 - 2131

Fairfax County Police Victim Services
Section. 24 - hour support resources.

Victim Assistance Network

703-360-7273

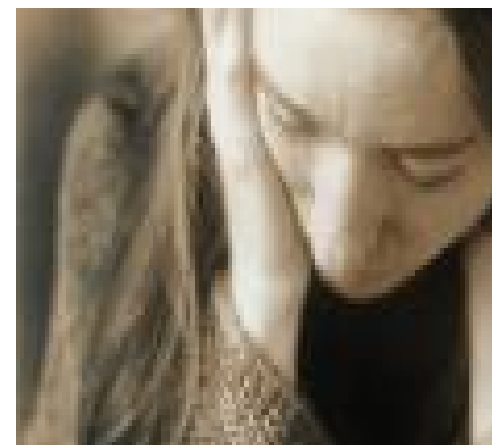
24-hour telephone counseling program
for persons in abusive situations.

Virginians Against Domestic Violence

1-800-838-8238

City of Fairfax Commission for Women

***Someone you
know
may need
help...***



***City of Fairfax
Commission for
Women
Seeks to Protect
Women and
Children***